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A FEW HINTS

FOR

HOME HAPPINESS AND COMFORT,

ADDRESSED CHIEFLY

TO VILLAGE GIRLS

ON THEIR LEAVING SCHOOL.

BY A LADY.

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A FEW HINTS

FOR

HOME HAPPINESS AND COMFORT.

13
—————
Do every thing at its proper time.
Put every thing in its proper place.
Keep every thing to its proper use.

MY desire in thus speaking to you, my young friends, is to render you happy; and remember we cannot be completely happy ourselves, unless we are desirous to render those around us happy also.

Men's duties carry them forth into the world, to toil either with their hands or their heads for the support of those whom they love. It is the happy privilege of women to render Home a comfort and a blessing, a rest and a refreshment, to those hearts worn and wearied with the world's hard cares, and to warm them with the sunshine of true affection.

But "trifles make the sum of human things," and it is about some of these trifles I now wish to teach you.

"Do every thing at its proper time." Now is the time to learn; eagerly, then,

seize upon it, and store up knowledge for future use "in that state of life unto which it shall please God to call you."

Many wise and useful books on cookery, and needle-work, and domestic duties, have been written, and to them I refer you for receipts and excellent directions; what I have to say, is only what I have not seen in these books, hints on things *small apparently*, but which I know from *experience*, make or mar the usefulness and charm of woman's duties and woman's influence.

"*Order* is Heaven's first law;" it is taught us in the skies, and should be practised with *exactness*, if we wish for *comfort*.

It is easier, far easier, to "keep every thing in its proper place," than to be obliged to search for it when needed. As soon, then, as any new thing, great or small, becomes your property, find the right place for it, and *keep it there*; use it, of course, whenever you need it, but put it back again in its own home, and do not yield to the temptation of idly setting it down *any* where. If anything is out of repair, mend it at *once*; or if that be not possible, I would advise you to keep one drawer, or one basket, in which all things *needing mending*, should be placed; and let it be one of your first actions in the morning, before engaging in any new pursuit, to repair them, and replace them in their own *homes* again. Never place clothes in your

drawers that require mending ; “ out of sight, out of mind,” you know ; and sore will be our trouble to find ourselves, and our friends, it may be, ashamed by sundry damages, caused by lack of a button or a string ; a *tiny* hole may catch on a nail, and become a rent ; “ a stitch in time saves nine.”

Let due order also be seen in the *importance* which you place upon performing duties before simple pleasures ; never allow pleasure to take the place of duty in your *heart*, and then in your daily life no difficulty will be found in giving to duty *due* respect and attention. In arranging your books, let your Bible and Prayer-Book have the best and more honourable place, and next to them, any religious works you may have ; and never suffer these books to lie about carelessly. Dread the slightest approach to *irreverence*, it is the commencement of evil ; let everything relating to religion have the *first* place in your heart, your time, your house—and let no one induce you to lower it by word, deed, or manner.

Prepare for Sunday by setting aside all ordinary matters of daily life—your work, &c., put them out of sight ; and having set all in readiness for the sacred day, bring forward any books, or pleasures, which you have appropriate for a Christian enjoyment of a day of holy rest.

There is an old saying, “ If a thing is

worth doing at all, it is worth doing well." Nothing is more true; let us apply it to the act of *dressing*, and notice the difference between a dress neatly arranged, and one which looks as though it had been put on without the slightest regard, or due carefulness, as to whether it *looks* well or not.

When a girl is seen at her *ordinary work*, with her hair clean, bright, and neatly arranged, and her shoes and stockings in tidy repair, it is a great recommendation to her; and we *hope* to find the same good order and carefulness reigning *within*, as appears without; while heedlessness on these two points generally shows a *thoughtless, careless* girl in other matters; just as a neatly-kept cottage garden makes us think of a happy home within; while the contrary thought arises when an untidy garden is seen.

Expensive dress, or dress beyond our station, is *wrong*, and shows bad taste and false notions; but let our dress be good; no foolish finery or gay decorations, but well-chosen colours, which do not offend the eye, but look cheerful and pleasing. Our dress should *fit* nicely, and *set* easily—should be put on with care, that all may *keep* in its place; nothing looks worse than a *creased, soiled* dress, or a collar or handkerchief pinned crookedly on one side. Always make a habit of folding up your clothes with care, before you put them away in your drawers

or box, and they will last twice as long, and moreover, look well until the end; and immediately *brush* off, or wipe off, any soils which may have befallen them in wearing.

I have no doubt but that you would feel shocked to be called *extravagant*; and would be much pleased were you to be told that you were a *good manager*, and *economical*. Perhaps I shall astonish you when I tell you the *true* meaning of these words. To be *extravagant*, is to buy things *only* because they are *cheap*, without first asking yourself these questions—Do I really *need* them for my comfort or my happiness? Are they *fit* and *right* for me to possess in my station of life? Are they really *good*, or only *showy* in appearance? If the *only* reply you can give to these inquiries with *sincerity* be “No,” then, believe me, however cheap the things may *appear* to be, they are in *truth* *dear*; and you will not only waste your money in buying them, but they will cost you what is of *far* more importance—the loss of your own *self-respect*; for you will show yourself *to yourself* as preferring folly to sense, and self-indulgence to self-government.

“What’s *right*, what’s *true*, that *fit* we *justly* call—
Let *this* be all my care, for *this* is *all*.”

Economy is best shown by purchasing *only* what is *good*; and whatever costs much at

first, is the cheapest in the end, as I will prove to you.

Calico is constantly wanted to make underclothing; now suppose you buy some at $3d.$ a yard, and think you have brought home a bargain—I have seen some even at $2\frac{1}{2}d.$ a yard! considered so—you cut it out, as you require for use, make it up, and think to yourself, “how many new things I have got for three shillings!” supposing you had bought twelve yards. So it seems; but in a short time, perhaps three months, these new articles of clothing begin to grow *thin*, and *soon* after wear out altogether, and there is an end of your bargain. Instead of this purchase, suppose you had spent $5d.$ a yard on your calico, it would then have cost you five shillings. You would soon discover, even in working upon it, how *strong* it was; and when you found that it wore *well* for nine months or a year, you would see it really was *cheap*.

Now compare a year's expenses for calico at $3d.$ a yard, and calico at $5d.$ a yard:—Calico at $3d.$, 12 yards, 3 shillings; this must be purchased again twice or three times in the twelve months, and may cost you *nine* shillings at the end. Calico at $5d.$ a yard, 12 yards, 5 shillings; this will wear well all the year. Whole expense, *five* shillings! and the *time* occupied in making and *re-*making is *saved also*. Now, perhaps you

will understand a remark I have heard made by one who really knows what economy is—“I cannot *afford* to buy *cheap* things; they are *too dear* for me.”

Always go to good respectable shops for what you want, and *avoid* those showy cheap ones, which *now* unfortunately are so often seen in towns. They do their best to cheat you, and set before you all kinds of silly finery; *very* seldom will you find what is really worth spending your money upon *there*.

The same rule will apply to all things. Deal with honest respectable people, and buy what is *good*, or *do without it* if possible, until you can *afford* to purchase what is worth having. I need scarcely add, *take care* of what you have when you have gained it, and it will last all the longer, and you will then have more money to add to your little savings in the Post-office Savings' bank; for there I hope you will certainly *not forget* to put all that you can spare, for sickness and old age.

Now one word about *money*. Whatever you may *have*, or whatever you may earn, set apart *something* for alms-giving. Keep one purse for this purpose; and whenever you receive any money, immediately put *something* in this purse, never to be withdrawn from it but for some charitable purpose. I should advise you to *fix* upon some

proportion of your money for this purpose. You know a *tenth* used in old times to be considered the offering to God; and Christians surely cannot do less than the Jews of old. The *tenth* of 2s. 6d. would be 3d., and I think no one would think this too much as a *thank offering* for *all* our blessings.

“He that giveth alms sacrificeth praise,”* and in this light we should consider our duty of alms-giving, and with thankfulness increase our little sacred store, and joyfully accept many an opportunity of *giving*, not “grudgingly, or of necessity, for God loveth a cheerful giver.”† If you cannot afford to set apart the tenth of what you have, still put aside *something* out of everything which you receive.

I *strongly* urge you to this *practice*; believe me, you will *never* regret making and keeping such a resolve, *if*, as in everything else, our deeds are done as “*unto the Lord, and not unto men.*”

“The deeper the stream, the more quietly it flows;” and the *deeper* religion lies in the heart, the less it will make itself known by actions which *attract* notice, or words which *call for* notice.

Quietly and steadily let us pursue an onward way in that “state of life in which it has pleased God to call us,” with cheerful

* Ecclus. xxxv. 2.

† 2 Cor. ix. 7.

submission, trusting in His guidance, His strength, and His comfort; and He will bless us and keep us unto the *end*.

“Serve God, and be cheerful;

“Trust in God, and be hopeful.”

“There is nothing on earth sweeter than the heart of a pious woman.”

Now I will endeavour to give you a few hints upon domestic matters, which may *help* to make you *useful*, and therefore happy, and they are all those which have been proved by experience to be good.

First—

Hints on Sickness.

Should children be ill from over-eating, and the stomach be over-loaded, when the *sickness* is passed try if they will take *cold* water; *if so*, you may ten minutes afterwards give barley-water or milk and water cold, just raising the head *very* gently; and by degrees it may have more nourishing food; keep the *feet* warm, and wipe the face and hands with a sponge dipped in warm water; this is most refreshing.

Should any person become *sore* from lying long in bed, boil some linseed to a strong jelly, and after straining the seeds from it, apply it *warm* to the injured parts with a sponge; it is most comforting.

If a child has been frightened during the day, be careful to soothe the child and make

it happy before bed-time approaches; but should convulsion come on, put it immediately in a warm bath, and rub its limbs briskly, then have a *hot* blanket ready, and wrap it closely round; handle it with *great* tenderness. A dose of dill-water may be given; *one tea-spoonful*, with a little sugar.

Great care should be taken to keep our houses clean and airy; fresh air should be allowed to come into the rooms by opening the windows top and bottom—the foul air escapes at the top, and the fresh air comes in below.

Be very *careful* in sickness to have all glasses, spoons, &c., *quite clean*, and ready for use; and let everything given to the sick person be very attractive from the *kind manner* of presenting it, and the nice, clean, fresh look of all which is given.

Mustard Poultice.

Mix two spoonfuls of mustard to one of oatmeal, and mix with hot water, and spread it on thick muslin; if the part to which it is to be applied should be tender, place a piece of *thin* muslin over the poultice before applying it.

Leeches.

To make them bite where is desired, take a piece of blotting-paper and cut holes in it,

which put upon the part affected, and place the leeches on it, they will soon be attracted by the only parts of the skin visible.

If bleeding should continue with violence, it can be stopped by applying a little of the *brown dust* from the inside of the puff-bells found in the fields. This is also useful for stopping bleeding from cuts, &c., and should be gathered when ripe, and kept for the purpose.

Should the skin be grazed and become sore, as it will do in old people, it is an excellent plan to lay upon it *linen* rag soaked in cold water, and over this place a piece of anything waterproof to exclude the air, a small piece of painted cloth used for table-covers will do; when the rag becomes dry, wet it again; this plan persevered in, will effectually cure without pain or trouble. This remedy is also excellent for *frost-bitten* feet, which should *never* be put into *warm* water, or brought near to the fire; also for *chilblains*, which however can generally be prevented by keeping the feet *dry* by wearing warm stockings and thick boots. *Broken* chilblains are very difficult to heal; however, I have heard of a simple remedy for them, said to be very good. Take a *soft* rag of *linen*—*it must not be calico*—and spread some lard upon it; cover this with the burnt ashes of tobacco from a pipe; lay this on the broken chilblain, and repeat the same treat-

ment *every* morning, with a *clean* rag, until it is healed.

When *drops* of medicine are ordered, it is better to drop them into a spoon, as should they by accident exceed the right number, it can be poured back again.

Never wear *creaking* shoes or a *rustling* dress in attending on the sick; gentleness in voice and manner, and a kind heart, and cheerful spirit, are necessary for a good nurse.

To Cure Ringworm.

Mix warm vinegar and oil, the larger portion vinegar, and rub it on the part affected, with flannel, once a day. Care must be taken that a new piece of flannel be used each time; the old piece should be *burnt*, as this complaint is most contagious. All brushes or combs used by the patient should be avoided by others.

Strengthening Wine for those Recovering from Sickness.

Rub down very gradually one drachm of quinine in a table-spoonful of brandy; pour this into a bottle of ginger wine, and take half a glass twice a day; it has recovered several.

A Simple Strengthening Medicine for Invalids.

Chamomile flowers, juniper berries, caraway seeds, one penny-worth of each; to sim-

mer in a pint and a half of water till reduced to a pint. A glassful to be taken three times a day.

Also I can strongly recommend for a *weak* stomach, a little *powdered* rhubarb, about as much as will lie on a sixpence, to be taken *every* morning before breakfast in a *very* little water. This is especially good for all those who are what is called bilious.

Burning or Scalding.

Plunge the part injured *instantly* into *cold* water, then get some common dry flour and sprinkle it on through a dredger (the *moment* you take it from the water) until it is an inch thick, and tie over it a piece of cotton wool.

Eat nothing, and drink nothing but water, until improvement commences, except some dry bread soaked in weak tea. Cases of frightful burning have been cured in this way.

I have also heard that common whiting, mixed with cold water, and applied to the burn *instantly*, is an excellent cure. It is to be laid on like a thick paste, and kept moist by laying over it a piece of oil-silk, or anything which is waterproof. Until this can be mixed, keep the part injured under cold water to exclude the air.

If a person swallow *poison*, take a tea-spoonful of common salt, and the same of ground

mustard, stir it rapidly in a teacupful of warm water, and let it be swallowed *immediately*. It will bring up the contents of the stomach. Then give the white of a raw egg, or a tea-cupful of *strong* coffee, as soon as the sickness is passed.

The life of an infant has been saved, who had swallowed laudanum, by giving it strong coffee cleared with white of egg, a tea-spoonful every five minutes until it ceased to be drowsy.

Accidents from Fire.

There are two ways of putting out a fire—either by water, or by preventing the air from getting to it.

If any person's clothes catch fire, he should instantly *lie down*, and, if possible, roll himself in the rug, or anything woollen and thick; let it be *closely* wrapped round him, it will smother the fire. Shut all windows and doors. If bed-clothes or hangings catch fire, tear them down, and place *boxes* or any heavy thing upon them.

Fainting and Fits.

If a person in fainting looks *red* or flushed, *raise* the head, and apply *cold* water and vinegar to it—one part vinegar, and three parts water.

Bottles of hot water to the feet, and loosen all the dress. Send for the doctor, and when he comes, strictly *obey* all his directions.

If the face be *pale*, lay the person *flat* on the floor; sprinkle cold water on the face, also on the palms of the hands and behind the ears. Unfasten the dress. Open the window and door, and do not allow people to crowd round. When recovering, give a little cold water, with fifteen drops of sal volatile in it; but never force them to drink, it might cause suffocation.

Cuts.

Never use *hot* water to wash them with, it promotes bleeding. Bring the edges closely together, and tie a cloth round it while you prepare strips of adhesive plaster, which fix on across and across, and do not remove them until healed.

Should the wound seem inflamed or very painful, it denotes something *in* the wound—glass or sand, &c.—poultices must then be applied.

Poultices should be mixed in a basin, and boiling water poured on the bread or linseed meal, stirring it all the time to make it quite smooth. A little oil or soft lard mixed with them, prevents them *hardening* and becoming painful to the wound.

Fomentation of Poppy-heads.

This is used to allay pain. Boil a handful of poppy-heads in a quart of water for an hour, then dip flannel in it, and wring them out; apply them hot.

To make Gruel.

Rub smooth a large spoonful of oatmeal, with two of cold water. Pour over this one pint of boiling water, in which has been mixed three table-spoonfuls of milk; boil well for ten minutes.

Robinson's oatmeal is the best.

Sago Gruel.

Two spoonfuls of sago, set on the fire in a quart of water, and boiled until dissolved. Add sugar, &c.

Barley-water.

Wash four ounces of barley, and put it in a pan with a quart of cold water, and let it boil for five minutes; pour the water away, which will be discoloured, then add another quart, and let it boil till the barley is softened; this is ready for use, and when used, the barley will bear another quart.

If the nose bleeds, bathe it in cold water; hold up the arms above the head, and put a large key down the back, or a piece of white paper steeped in vinegar placed on the *tip* of the tongue. If these remedies do not succeed, send for the doctor.

For *bruises*, it is best first to bathe them with warm water, until the pain subsides, then rub well with the following embrocation, which is useful for rheumatism, pain in the

face, chilblains, &c., and should always be kept at hand. The cost is 1s. 3d. for a large bottle.

Embrocation.

2 raw eggs, well beaten together.

1 pint of vinegar.

2 oz. of spirits of turpentine.

$\frac{1}{2}$ oz. of spirits of wine.

$\frac{1}{2}$ oz. of camphor.

To be *well* mixed together, and shaken for ten minutes, corked tightly, and in half an hour it is ready for use. It is *excellent*.

For a pain in the face from *cold*, put a piece of flannel into a saucer with some gin in it; let it soak well, and then sprinkle it *thickly* with pepper; double it, and again sprinkle the pepper on the side next to the face; tie it on with a handkerchief, and keep it on all night. It is as efficacious as a mustard plaster, and leaves no mark on the skin.

To Relieve Asthma.

Dissolve some saltpetre in water; as much saltpetre as the water will absorb. Soak in it a sheet of blotting-paper, until *thoroughly* wet. Then let it dry—but *not by the fire*. When the difficulty of breathing is very great, burn a small piece of this blotting-paper in a saucer, and the sufferer will feel much relieved.

Cure for Rheumatism.

Rub dry flour of mustard on the part affected, holding it at the same time before the fire; give it a good quick rubbing, sufficient to bring out a rash on the skin, and it will relieve the pain, and after one rubbing effect a cure.

Rheumatism is much relieved, and has been cured, by fomenting the parts with potato-water, that is, water in which potatoes have been boiled.

If the eyes should be weak, it is a good plan to bathe the *back of the neck* every morning with cold water, as well as the eyes themselves; if weakened by exertion, bathing them with warm water at night is most refreshing. To strengthen them, dip the face into cold water, and open and shut the eyes several times in the water. Never read by fire-light, or a dim light, it strains the eyesight much.

There are numerous cures for coughs, but I never found one more certain than the following, which a chemist will make up for sixpence.

Cough Pills.

20 grs. of compound powder of ipecacuanha.

20 grs. of fresh squills.

20 grs. of gum arabic.

To be made into twenty pills, and two or three taken each day, until the cough is cured.

This is also very good, especially for an aged person:—

Equal parts of sweet spirits of nitre and oxymel of squills. One tea-spoonful to be taken in barley-water, three or four times a day.

When the weather is very warm, and fruit plentiful, attacks of English cholera are frequent. The following is a useful remedy:— One table-spoonful of castor oil, and a dessert spoonful of tincture of rhubarb; drink cold water, and keep *quiet*. A little arrow-root stirred in a glass of cold water is also good.

Few people are sufficiently aware of the *injurious* effects of sitting in *wet* boots. Girls are especially heedless in *this* matter; and often by so doing, bring on illness which may cost them their *lives*. They wear *thin* boots because perhaps they are cheap—another instance of *false* economy; or perhaps because they fancy thin boots or shoes *look* well—another great mistake, when their duties lead them *out* of doors, as well as in the house. If you can manage to do so, it is always better to buy boots about a month *before* you want them; they wear so much *longer* when they have been *kept* for a time before being brought into use. There are two articles of clothing you should *never* be without—*strong* boots or shoes, and a *warm* flannel petticoat. Provide these *first*; and see that the boots are kept well mended. Should, however, your feet

become wet from exposure to the weather, change both shoes and stockings *immediately*; and if you should feel *chilled*, put your feet into a pail of hot water, keep them there about *ten* minutes, and go to bed, wrapping your feet up in flannel, and drinking a cup of hot tea, or basin of gruel. Should you feel pain in your chest, put on a piece of plaster—known by the name of *Puer Man's Plaster*; it can be bought at any chemist's for 2*d.* a sheet; hold the back of it to the fire, and put it on *instantly*; it will keep close, and draw away the pain.

Always be careful to hang linen, whether for bed clothes or for present use, before the fire before putting them on; it is most likely that some dampness will remain in them from the washing—which damp will be drawn out by the heat in your body, if you put them on in that state; and this very probably will cause illness, which bad consequence may be avoided, by seeing that they are *thoroughly* dried by the fire first. Clothes, however, should *never* be put into the chest of drawers when they are damp; though we cannot prevent them becoming so, if they remain there for some time.

Never sit on damp grass; children in their play will often do this, and very serious consequences follow. A gentleman with whom I am acquainted is quite *lame*, which was caused by his nurse, in his infancy, allowing

him one day to sit on the *damp* grass to play with flowers. Such serious consequences often follow from not attending to *trifles*, as they are *called*.

It is always *dangerous* to drink *cold* water when you are heated by *exertion*, or to bathe your face in *cold* water as a means of cooling yourself when *very hot* after working hard; a violent rash, which is frequently difficult to cure, often follows such imprudence.

I will give you a simple receipt for making *ginger beer*, which you will find refreshing, and perfectly *safe* to take when thirsty in hot weather:—

1 pound of coarse sugar, 1 ounce of common ginger, about a tea-cupful of hops. Pour a gallon of hot water over these, and when cold, work it with a little yeast, and bottle it.

Never bathe your face *immediately* if very hot; wait until you are cooler, and then use *warm* water; it will refresh and cool you *far* better than using cold. This may seem strange advice to *you*, but it is nevertheless *true*; as is the following. If hands and face be *cold* from *exposure* to snow or wind, bathe them *vigorously* in *cold* water, and they will become quite warm again.

To render Boots and Shoes Waterproof.

1 pint of drying oil.

2 oz. of yellow wax.

2 oz. of spirits of turpentine.

1 oz. of Burgundy pitch.

Mix well together over the fire, (*mind it does not go over,*) and when it has cooled a little, apply it to the leather both above and below, and especially about the seams.

For a sore throat, rub it with hartshorn and oil, and put a piece of new flannel round it.

Put a small handful of sage leaves into a jug, pour a pint of boiling water over them; cover the jug, and let it stand for one quarter of an hour; then strain it, and sweeten with coarse sugar, treacle, or honey; use as a gargle.

A glass of *fresh* cold water taken the last thing at night and the first thing in the morning, is an excellent means of *preserving* good health.

Blisters on the feet, from long walking, may be prevented, by rubbing the *soles* of your stockings *next* your feet with yellow soap.

Sometimes the hands become *chapped*, when much washing is done in hard water, or when exposed to cold winds after washing. This can generally be *prevented*, if care be taken to *dry* the hands *thoroughly* with a towel—*not* by the fire. It is the *damp* remaining in the pores of the skin which causes the mischief. A little *oatmeal*, or *flour*, rubbed over the hands *after* using the towel, secures their being perfectly dried; and I have found this a better plan than using

either honey or cakes of bees' wax and oil, as they are apt to leave the hands in a *sticky* state, and unfit for use.

Many are the days of pleasure which can now be taken by means of excursion trips; and these frequently take town and country people to the sea-side. When there, to enjoy a *dip* in the sea is considered a most delightful treat; it may prove so, if done with proper *precaution*, but if *heedlessly* ventured upon, much injury follows. I will therefore give you a few rules on sea-bathing, which let me warn you to bear in mind.

Never bathe in the sea when you are *tired*, either with a journey, or by having taken *too* much exercise.

Never when you are *heated*; wait until you are comfortably *cool*, but not cold.

Never bathe when you are *cold*.

Never bathe soon after *eating a meal*.

Never walk into the sea—it will send all your blood upwards into your head, and make you feel most uncomfortable; but, if possible, stand upon the steps of the bathing-machine, with your *back* to the waves, and taking the hand of some person who is bathing with you, and is standing at the bottom of the steps, *throw yourself back*, and so let your *head* touch the water *first*; this will do you good, because the shock will send your blood downwards; take *two* or *three* of these dips—*no more*; and then dress quickly, and take a

short brisk walk afterwards. If the bathing has done you good, you will feel a pleasant glow of warmth through you, and will be the stronger and better for this exercise; but if you feel chilly and wearied, do not be persuaded to try sea-bathing again, as you may be sure that your health will be injured by it, and perhaps seriously so.

In a storm of thunder and lightning, how many people run under a tree for protection! This must surely be done from ignorance that the trees draw the lightning *towards* them; therefore to place yourself *there* is to go *into* danger. It is far better to run the risk of getting thoroughly wet, by exposure to the rain, than decidedly endanger your life by going where the lightning is *certain* to be in the greatest force. It is also most dangerous to put up an umbrella in a storm; its *point* attracts the lightning in the same manner as the tree does, and the same consequences may follow.

It is most useful to know how to wash fine muslins and lace nicely—many ladies are willing to send theirs to be done by a careful young woman. I will therefore add directions for making and using starch.

The *patent* starch must be used for this purpose—the *best* which you can obtain. Mix two table-spoonfuls of starch in a little warm water, and when *thoroughly* moistened, add to it three pints of *boiling* water, stirring

it well all one way until it is clear. Then strain it through a sieve. A piece of loaf-sugar will assist in making the starch clear.

French people prefer starching the things when they are damp; they do not fray or become yellow.

When starched, all should be folded closely together in a cloth, and allowed to remain a short time before ironing. All muslins and work must be ironed on the *wrong* side, and should the work be thick and heavy, the flannel on which the ironing is done should be folded *several* times double, to form a *soft* surface, which prevents the work being *pressed*.

The following is an excellent plan of washing all *woollen* articles, especially coloured ones:—

Grate four or five raw potatoes, good sized ones, into cold water; let it stand for twenty-four hours. Then stir the water into a lather, and warm it by putting it on the fire; it is *not* to boil, only to be made *warm*; then wash the articles in it—no soap will be required—rinse them well in cold water, and dry in the air.

Also, this plan is a good one:—

Make some soap suds, and *boil* them; let them then stand until almost cold, before using them for washing.

In needle-work, should the material be stiff and harsh, so as to prevent the needle passing easily through it, keep a small piece

of soap by your side, and every now and then put your needle into it; you will find this a great help.

If you keep poultry, and wish to fatten them quickly for table, put them in a perfectly dark place, with one ray of light only admitted, and the food should be placed so that this light falls directly upon it. The food should be common rice thoroughly soaked in milk, and kept all night in a warm place; let them have as much of this as they can eat; in a week they will be ready to kill.

A little saltpetre put into the milking-pail before the cow is milked, will effectually prevent the flavour of turnips in the milk and butter; or what is still better, a quarter of a pint of the butter-milk saved from the last churning, put into the vessel in which the milk *stands*, and stirred well, will quite prevent any unpleasant flavour remaining.*

Should any *steel* articles, such as scythes, &c., be set aside, wipe them *quite* dry, and then rub them over with common bees' wax; this *quite* prevents rust, and when needed for use, hold them to the fire, and it all melts off.

Should you fall into the water, and fear

* "Miss Smith's Butter Powder," sold in packets, 1s. each, is very useful in removing all unpleasant taste in the milk. It can be procured at any Druggist's, and is to be added, as directed, to the *churning*.

Drowning, throw your head back, and keep your hands *under* the water; you *cannot* then *sink*.

You may, perhaps, happen to be near when a person is found drowned. If you cannot be of use to them, you had better *run* for the Doctor, or for someone who *can* assist; but it is well for you to know what should be done before a Doctor can arrive. In carrying such a person home, *or* to the *nearest* house, the Head and shoulders should be so placed that they may be *higher* than the rest of the Body; and one person should hold the Head *steadily*, and not allow it to *roll* about. When laid on a warm bed between *hot* Blankets, place the person on his Face, with the Hands crossed under the Forehead, then move them over *slowly* towards the Left side and back again, sixteen times in a minute; rub both legs and arms *upwards*, to send the Blood to the heart; keep hot Flannels to the body, and hot bottles to the Feet, or woollen Stockings filled with hot sand, or salt, or bran; or a hot brick covered with Flannel will do as well. You may do these things safely until the Doctor arrives. Allow no one to be in the room but those who are *really* of use. When the Drowned person breathes again, he will want the Air to be as *fresh* and *pure* as possible.

Coals are expensive, and should not be

wasted, as I have sometimes seen done, by the fire being *constantly* stirred and fresh coals being put on, while the ashes below the grate are left to be thrown away as *useless*. Good coals will throw out heat from even the smallest portion if managed properly; and the following is the best plan to adopt:— When the fire grows low, bring all that is in the grate *forward* with the shovel, leaving a *hollow* behind, which hollow fill up with the cinders and ashes from *below* the grate, which have fallen down in burning or stirring; then add *new* coals on the *top* of the fire, and you will have a *bright warm* one, and but little smoke; and what is of importance also, your stock of coals will last much *longer*.

To make good Paste for papering rooms, &c., it is only necessary to mix some good Flour with *cold* water, rubbing it until *quite* smooth and free from lumps; *then* add *boiling* water, and stir it well.

A strong Cement for Glass or China may be made thus:—

To a large spoonful of *new* Milk put as much good Vinegar, pour off the whey, and add to it the white of an Egg; beat all well together, and add as much white quick-lime as will make it a thick paste. Keep it well corked up, if you do not intend to use it *immediately*.

The old English custom of enjoying a Plum-pudding on Christmas Day, is some-

times obliged to be put aside, because of the expense of buying the necessary good things of which it must be made. But I think that I can tell you of one which is very good, and yet not expensive, as it will not cost more than perhaps 1s. 6d., unless Flour and Currants should happen to be very dear.

A cheap Christmas Pudding.

- 1 lb. of Currants.
- 1 lb. of Flour.
- 1 lb. of Suet.
- 1 lb. of Treacle.
- 1 lb. of Carrots.
- 1 lb. of Potatoes.
- $\frac{1}{2}$ lb. of Raisins.
- $\frac{3}{4}$ lb. of Bread crumbs.

A little mixed spice and candied orange peel, if desired. The Carrots and Potatoes must be first boiled and well mashed. Then mix all well together, and boil in a basin for eight hours.

This will be large enough for a party of eight or ten persons.

Numberless other receipts and directions are to be found in excellent books. I have merely set down for you a *few*, which I have known to be simple and good, and what I have *not* seen elsewhere. I would strongly urge you to make good use of your eyes and ears; *observe* and *listen*, not *only see* and *hear*; reflect on what is set before you, and store

up in your memory for future use whatever good advice you may receive from those wiser than yourself; remember, we have given to us two eyes and two ears, and but one mouth! Always be ready and thankful to receive instruction; conceit and self-satisfaction are only hindrances to true knowledge, while *humility* is the gold-ground in which all good seed is sown. It is like the *deep* foundation which is always made when a large and important building is to be raised; and Humility is the only *sure* foundation on which the Christian graces *can* flourish in our hearts.

Think on these lines—

“ Knowledge and wisdom, far from being one,
Have oftentimes no connection.

Knowledge is *proud* that he has learnt so much;
Wisdom is *humble* that she knows no more.”

Wise people in “olden times” were very clever in expressing their good thoughts in short sentences called “*Proverbs*,” such as could be easily remembered, and were often a great help to those who have but little time for reading. The excellent advice they contain cannot be easily forgotten, when once fixed in the memory, however busily we may be occupied. I will tell you a few likely to be useful.

Early Rising.

“The morning hour has Gold in its mouth.”

“It is the *early* bird which catches the worm.”

Industry.

“Industry must make a Purse, and Frugality find strings for it.”

“What we Do by *learning*, we Learn by *doing*.”

“Hope and strive is the way to thrive.”

“If pains be a *pleasure* to you, profit will follow.”

“Nothing is *difficult* to the brave and faithful.”

“Good onset bodes Good end.”

“Gentle in manner, but *vigorous* in deed.”

“Never do a thing by *halves*. If it be Right, do it *boldly*; if it be Wrong, leave it *undone*.”

Idleness.

“He has *hard work* who has nothing to do.”

“He who looks not *before*, find himself behind.”

“Work in *jest*—Want in *earnest*.”

“Take *heed*, will surely *speed*.”

“Too *swift* arrives as tardy as *too slow*.”

“*Say well*, is good; but *do well*, is better.”

“Hope for the Best, get ready for the Worst, and then take *cheerfully* which God sends.”

Kindness.

“The Harsh voice says, ‘Go;’ but the voice that is Sweet says, ‘Come.’”

“Be *always* at leisure to do good.”

“The cup *must* be bitter that a *smile* will not sweeten.”

“The Comforter’s head never aches.”

“One thread of *kindness* draws more than one hundred oxen.”

“One ounce of *help* weighs more than a pound of *pity*.”

“Better *suffer* ill, than *do* ill.”

Home.

“East, west—Home is *best*.”

“A bright fire, clean hearth, and a *cheerful* countenance, are the *happy* welcome.”

Dress.

“Nothing is fine but what is *fit*.”

Evil Speaking.

“Where no wood is, the fire goeth out; so where there is no *tale* bearer, the strife ceaseth.”

“He who *returns* the first blow, *begins* the quarrel.”

In every sorrow which befalls us, there is some hidden *blessing*. This is beautifully expressed in this proverb:—“Every Cloud has a Silver lining.

The next will show you the value of a *friend* who will kindly *tell* you of your faults and failings, rather than a neighbour who *only* laughs at them.

“The *best* mirror is an old Friend.”

“One *Mind*-fault is better than ten *Find*-faults.”

Remember these:—

“Truth may be *blamed*, but cannot be *shamed*!”

“Knowledge is *folly*, *except* grace guide it.”

“Prayer hinders no work, but is its best half.”

“Prayer should be the *key* of the day, and the *lock* of the night.”

The last precept I will give you is from Holy Scripture, and I do so because I am often *shocked* to see young people treat the *old* with disrespect, which thing “*ought never to be done*.”

“Thou shalt rise up before the Hoary Head, and Honour the face of the old man; and Fear thy God. I am the Lord.”—*Lev. xix. 32.*

Remember, then, at all times, in all places, how it *behoves* a Christian to think, to speak, and to act; and be assured that your Heavenly Father’s blessing will rest upon you, guiding, strengthening, comforting you: *with* that, you can do and suffer all things; *without* that, all is dark and dreary, helpless and despairing. Would you make others really happy, first learn to have *inward* peace of mind yourselves. The true sunshine of our souls is God’s Grace; and let our joy *here* be in the delight of shedding happiness around us, amongst those whom God has given us to

love and to cherish. This can be done by all; by the poor as well as by the rich; in adversity as well as in prosperity; it is not affected by outward circumstances, for it flows from our *hearts*.

Do all the Good you can—

At all the Times you can;

In all the Ways you can;

To all the People you can;

and

For as Long as you can.

If, my dear young friends, you desire to know what a virtuous wife or woman *should* be, read the last chapter of the Book of Proverbs, and from those holy words of wisdom, *learn* and *practise*.

One word more. “Be content with what it pleases God to give you of this world’s goods. *Covet not more*. Nothing is more true, than that “the *love* of money is the root of all evil.”

“Hearts good and true
Have wishes few,
In narrow circles bounded;
And hope that lives
On what God gives,
Is Christian hope *well* founded.

Small things are best—
Grief and unrest
To rank and wealth are given;
But little things,
On little *wings*,
Bear little souls to Heaven.”—*Faber*.

